

Strathmore Parks Run 2019

Sunday, September 22, 9:30am www.StrathmoreParksRun.com

Location: Onondaga Park, Strathmore Neighborhood - Syracuse, N.Y.

Events: 4 Mile Race at **9:30 am**
Race will still start and end in Upper Onondaga Park and includes streets in the historic Strathmore neighborhood. Free t-shirt while supplies last.
Youth/kids fun run at **9:00 am**.
Family Fun Area – Food and other fun activities

Time: Race Day Registration: **8:00-9:00am**, Kids Fun Run at 9:00am, 4 Mile Run Start: 9:30 am

Fees: \$20 to register on-line or mail by April 1, 2019 \$25 to register on-line or by mail from April, 2 – June 30, 2019 \$30 to register on-line after July 1, 2019, at packet pickup at Fleet Feet or on Race Day.
• \$5 discount for students.
Packet Pick-up 11:00am-4:00pm at Fleet Feet on Sept 21 & Race Day

Parking: All streets surrounding Onondaga Park at Roberts Ave & Crossett St

OFFICIAL ENTRY FORM Strathmore Parks Run 2019

(On-line registration is strongly encouraged, please visit www.StrathmoreParksRun.com to register online and to find other event details)

For mail-in registration, make check/ money order payable to: Strathmore Neighborhood Assoc.
Mail completed entry form postmarked no later than 9-14-2019 to:
Strathmore Parks Run, 727 Stinard Ave, Syracuse, NY 13207

Last Name _____ First Name _____ M.I. _____

Street Address _____ e-mail _____

City _____ State _____ Zip _____ **Age On Race Day** _____

Phone (____) _____ Shirt Size: S ___ M ___ L ___ XL ___ Male ___ Female ___

Fee: \$ _____ Event: 4 Mile Run _____

In consideration of my entry being accepted, I intend to be legally bound, and do hereby release, for myself, my heirs, executors and administrators waive and release rights and claims for damage which I may have or which may hereinafter accrue to me against the Greater Strathmore Neighborhood Association, City of Syracuse Parks and Recreation, James Dwyer Jr. Fund, its respective officers, agents, representatives, successors, assigns, and all other sponsors for any and all damages or injuries which may be sustained and suffered by me in consideration with my association with or entry of participation in this race. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever. **I have read the above release and understand that I am entering this event at my own risk.**

(Date) _____

(Signature) _____ (Parent/ guardian signature if under 18)